



Lesson 52: Learning How to Swim

Exercise 01

Vocabulary

persuade	(V)	to make someone decide to do something by giving them reasons for doing it	I am trying to persuade my colleague to help me.
float	(V)	to move slowly on the surface of water	She likes to read while floating in the pool.
instructor	(N)	a person who teaches a sport or activity	There are many good instructors in this gym.
scared	(ADJ)	afraid or frightened	She has a scared look on her face.
anxious	(ADJ)	nervous or worried	He is feeling anxious about his job interview.
drown	(V)	to die because you have been under water for too long	He almost drowned in a diving accident.
flutterboard	(N)	a small board used by swimmers to support the head and the upper part of the body	Just hold this flutterboard , and kick the wall in the pool.
eventually	(ADV)	in the end, after a long time	She knew that she would have to get up eventually .
take a dip	(PHRASE)	to swim	Toshi wants to take a dip in the sea.
flutter kick	(N)	a swimming kick in which the legs move up and down in the water	Flutter kicks are the basic in swimming.
do the front crawl	(PHRASE)	to swim using this style	I can now do the front crawl . I practiced a lot.



Exercise 02

Dialogue Practice

Read the dialogue aloud with your teacher.

A child named Kathy is afraid of the water. Her mother is trying to persuade her to go in the pool.



Mom

Kathy, we are here at the pool because you have your first swimming lesson today.



Kathy

But I don't want to go in the pool. I'm afraid, mom.



Mom

There's nothing to be scared of. You have a very good and friendly instructor. I will be there, too.



Kathy

What should I do first, mom?



Mom

Just take a dip in the pool and follow your instructor. She will teach you the basic ways to swim.



Kathy

I'm still anxious, mom. I might sink and drown.



Mom

No, you won't. Just relax and imagine that you are a boat. You can use this flutterboard, too. It will help you float on the water.





Kathy

Alright, mom. I'll give it a try.



Mom

Start with a flutter kick. You will be able to do the front crawl eventually. It'll be fun.

Check your understanding:

- Why didn't Kathy want to go in the pool?
- What was the advice Kathy's mom gave her about floating on the water?
- Did Kathy eventually take a dip in the pool?

Exercise 03

Role Play

Role-play the following situation with your teacher.

Situation:

- Your friend is afraid of water and cannot swim.
- Your teacher will act as your friend.
- Give your friend advice so that she/he can go into the water.

Exercise 04

Discussion

- 1) Do you think it's necessary to learn how to swim? Why? Why not?
- 2) What are the advantages and disadvantages of swimming?
- 3) Do you think it's harder for grown-ups or children to learn how to swim? Why do you think so?
- 4) How can you make swimming less tiring and more fun?
- 5) What do you think is the most difficult swimming style? Why do you think so?

